**MAKE YOUR RECIPES WORK FOR YOU**

**Step-by-Step Stir-Fry**

Choose ingredients from the list on the right and follow the directions below to make a tasty meal for four.

1. Cook grains following package directions.
2. While grains cook, begin making stir-fry: Start first by cooking any meat or poultry for the required cooking time. Transfer to a bowl. If you’re using tofu or edamame as a protein, cook with veggies in step 3.
3. Add veggies to skillet. Start with harder veggies first; as they soften, begin adding softer veggies and keep cooking.
4. Add sauce to cooked veggies and cook until thickened.
5. Stir in meat or poultry. Serve over cooked grains.

**Ingredients**

**GRAIN** (1 cup dry)
- Brown rice
- Whole grain couscous
- Instant barley
- Rice noodles or whole grain pasta

**PROTEIN**
- Boneless, skinless chicken breasts or thighs (trimmed and cut into bite-size pieces) - 1 lb
- Sirloin or flank steak (trimmed and cut into bite-sized pieces) - 1 lb
- Pork tenderloin or boneless loin chops (trimmed and cut into bite-sized pieces) - 1 lb
- Extra-firm tofu (drained and cut into 1-inch pieces) - 1 lb
- Frozen edamame (thawed and drained) - 2 cups

**VEGGIES** (2-3 cups total, any combination)
- Bell pepper, zucchini or yellow squash, sliced
- Carrots or celery, sliced
- Snow peas or green beans, trimmed
- Broccoli or cauliflower florets
- Mushrooms or onion, sliced

**SAUCE** (choose one)
- Peanut sauce: 1/4 cup peanut butter, 1/3 cup warm water, 1/4 cup low-sodium soy sauce, 2 Tbsp cider vinegar, and 1 Tbsp sugar
- Lemon stir-fry sauce: 3 Tbsp lemon juice, 3 Tbsp low-sodium soy sauce, and 2 teaspoons cornstarch

**COOKING MATTERS TIPS**

- Whole grains contain fiber, vitamins, minerals and antioxidants. Consuming them can help you maintain a healthy weight. Not sure how to identify whole grains? Make sure the first ingredient says “whole.”
- To make them last longer, store broccoli and carrots in a plastic bag or container in the refrigerator.
- You can use fresh, frozen OR canned veggies for this dish so it’s easy to adjust for your family’s needs and budget.

**FOR MORE TIPS TO PURCHASE AND PREPARE HEALTHY FOODS**

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